

KAWALLA 4TH AT YOUTH WORLDS

The strong performance from Alisha Kawalla (Albion Park) has helped the Australian youth sailing team, to win the Volvo trophy as the top performing nation at this year's youth sailing ISAF world championship in Kingson, Ontario, Canada.



This is the third time that Australia has achieved this trophy since the conception of the competition in 1991.

Overall, Kawalla was placed 4th in the girl's windsurfer class, behind tough competitors from Italy, Germany and Poland.

Congratulations and well done to Kawalla—this is Alisha's fourth year at this event.

CAVALIER IN AUSSIE ELITE TEAM

The mountain bike career of graduate Amiel Cavalier (Figtree) keeps moving forward in leaps and bounds.



Cavalier, has just been selected in the Australian team for the World championships in Scotland later this year.

He will compete in the men's elite downhill race and has also been selected in the elite 4X race.

TRIO SET FOR STATE CHAMPS

Academy cyclists Jackson & Scott Law (Gerringong) along with Aaron Donnelly (Kiama), pictured right, had their final hit out before next week's NSW junior time trial and road race championships.



Competing at West Dapto in the annual four man time trial, the boys proved too slick for their more experienced rivals winning the 37.5km trip in a time of 55:45.

Now its all systems go for a successful state time trial & road race championship.

NGUYEN SOLID AT METRO

Thirteen year old Jennifer Nguyen (right) from Keiraville recently competed in the NSWHTA junior metropolitan competition held in Sydney's western suburbs.



Nguyen won all her matches in straight sets, to reach the final. There she was outplayed by her older rival and lost 7-5, 6-2. Nguyen then backed up to play in the doubles & reached the semi finals before bowing out.

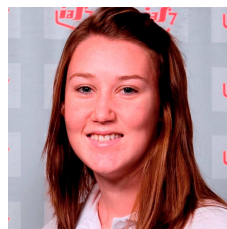
In other news, Emma Ford (Dapto) played at the NSWHTA metropolitan competition at Parramatta two weeks ago.

The BlueScope Steel player made the quarter finals in the mixed doubles and open singles before going down.

She had better fortune in the open ladies doubles with partner Stephanie Jeanes. The pair played a well controlled and steady match to win convincingly in straight sets 6-3, 6-3.

STRONG PLAY IN THE HUNTER

The Academy netball squad participated at the Hunter Festival of Sport competition held in Maitland a fortnight ago.



The squad played soundly against the other competing academies and metropolitan teams. The squad had close scores overall, winning a few games and losing a couple of games by just a few goals.

Goalshooter Mel Tallent (above) from West Cambewarra played exceptionally well, having a hot streak where she only missed one goal attempt in two games. Tessa Harris (Albion Park) filled in beautifully in the centre position and Amanda Oswald (Horsley) and Latisha Beringer (Kiama) combined well together in the defence circle. Well done to all the squad on a good performance over the 3 days.

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